

# sexual assault resource guide

## **If You Have Been Sexually Assaulted...**

If you believe you have experienced a sexual assault (or dating/domestic violence or stalking), it is not your fault. USU cares about you, and we offer you the following guidance to obtain the best care. You can use any or all of the listed resources.

**UtahStateUniversity®**

## Get medical attention.

**These resources are totally confidential and your incident is not shared.** For a sexual assault forensic exam, please go directly to Cache Valley Hospital. In order to preserve evidence, do not bathe, shower, use the restroom, change your clothes, comb your hair or clean up.

- ▶ Cache Valley Hospital: **435-719-9700**  
**2380 N. 400 E., North Logan**

For other medical attention, visit the Student Health Center. Medical care is available free to students as the cost is included in student fees.

- ▶ Student Health Center: **435-797-1660**  
**850 E. 1200 N., Logan**

## Report to Police.

Police will address urgent safety and medical needs, determine whether they will investigate based on the facts presented, explain the criminal investigation process and initiate a criminal investigation. If you request they NOT initiate an investigation, they will honor that request to the extent possible.

- ▶ Campus Police: **435-797-1939**  
**800 E. 1250 N., Logan**

## Contact a confidential advocate.

**Trained advocates are available** through USU's Sexual Assault and Anti-Violence Information office and CAPSA in Logan to help you negotiate your options, help you seek medical attention, get a sexual assault forensic exam and connect you with counseling.

- ▶ USU SAAVI Office: **435-797-1510**  
(phones forward to CAPSA after business hours)
- ▶ CAPSA: **435-753-2500**  
(available 24/7, 365 days/year)

## Ensure your safety first.

Find a place you feel safe from further harm. **If you're in immediate danger, contact the police:**

- ▶ Call **911** for emergency help.
- ▶ Call USU Campus Police for non-emergencies: **435-797-1939**

## Report the incident to USU.

Regardless of when the incident occurred, you're encouraged to **report to the Title IX office.** Sexual misconduct by any employee or student is against USU policy, and the Title IX office investigates accusations to determine if a violation of our policy occurred. **By contacting Title IX, you will not automatically activate an investigation.**

This office will keep your experience as private as possible, but may share some information with only the USU employees necessary to investigate the incident or provide you with services. By reporting your experience to USU, you can also access protective measures that could include academic accommodations and changes to housing, work or class schedules.

- ▶ USU Title IX office: **435-797-1266**  
**Old Main, Room 161**

## Seek confidential counseling. Emotional and psychological support

will help you process your experience and manage the problems it can cause. USU's Counseling and Psychological Services provides confidential mental health services and walk-in crisis appointments.

- ▶ CAPS: **435-797-1012**  
**Taggart Student Center, Room 306**
- ▶ CAPSA: **435-753-2500**  
(available 24/7, 365 days/year)

**never** let fear get in the way.

**Report sexual assault online at [usu.edu/sexual-assault](https://usu.edu/sexual-assault)**